

## HOURS OF OPERATION

M-F 8 am-4:30 pm, Sa 10 am-4 pm

## SPECIAL EVENTS (SCHEDULE SUBJECT TO CHANGE)

- "COFFEE WITH LBPD: SCAMS"- Latino Club  
Monday, August 3, 1—2 pm
- FUNERAL ADVANTAGE by Lincoln Heritage in Lobby  
Wednesday August 5, 10—11 am
- "RETHINKING YOUR DRINKS" Bureau of Comm. Hlth. City of Long Beach Health & Human Svcs.  
Thursday, August 6, 10—11 am
- DAY TRIPPIN' TO "FANTASTIC FOUR" MOVIE  
Friday, August 7, 9 am—2 pm Sign up in Rm 107- \$10
- "THE MUSIC MAN"- Primetime Players  
Monday, August 10, 1 pm and Friday, August 21, 1 pm
- INFORMATION TABLE- Humana In the Lobby  
Thursday, August 12, 10—11 am
- GAME DAY  
Wednesday, August 12, 10—12 pm
- "SUMMERTIME FOOD SAFETY", L.B. Memorial Health  
Wednesday, August 12, 1—2 pm
- HAIRCUTS- CAREMORE  
Thursday, August 13, 10 am- 12 pm
- HAWAIIAN LUAU CELEBRATION & FUN STUFF  
Friday, August 14, 11 am— 2:30 pm
- BACK MESSAGES- Caremore  
Wednesday, August 19, 10 am- 12 pm
- NUTRITION WITH NANCY- "Fresh, Frozen or Dried- Eating Healthy"  
Thursday, August 20, 10—11 am
- ICED TEA DAY- Humana  
Friday, August 21, 1—3 pm
- "TENANTS RIGHTS" by Legal Aid Foundation  
Monday, August 24, 11:30 am- 12:30 pm
- "MY PLATE ON A BUDGET" Bureau of Comm. Hlth. City of Long Beach Health & Human Svcs.  
Thursday, August 27, 10—11 am
- SUMMER CONCERT- "Hui-O-Hulas" Dance Troupe & The CSULB Ukulele Band  
Friday, August 28, 12 - 2 pm

## DAILY ACTIVITIES \$= Nominal Fee

### Monday-Friday

8 am-2 pm Friendly Cup Café open to all ages \$  
8 am-4 pm Fitness Gym Open- Mon., Tues., Wed., till 7 pm  
8 am-4:30 pm Billiards (Mon. till 7 pm), Table Tennis & Cards  
10 am-3 pm Weaving  
10 am-2 pm Gift & Thrift Shop Open/Library Open  
12 pm H.S.A. Senior Lunch \$

### Monday

7 pm Courage to Change Meeting

### Monday-Wednesday

2-8:15 pm Computer Classes \$  
7-11 pm Round Dance (Int. & Adv.) \$

### Every Tuesday

9 am-12 pm Cal Fresh Representative  
10—11 am Tai Chi—Moving for Better Balance  
6:15—7:15 pm ZUMBA Gold Class \$

### Every Thursday

9:30 am HICAP Representative by Appointment

### Saturday

10 am—2 pm Fitness Room Open

## City of Long Beach Department of Parks, Recreation & Marine, Community Recreation Services



# August 2015

## Summer in Long Beach

## Long Beach Senior Center

The Place Where Fun Begins!

1150 E. 4th Street, Long Beach, CA 90802 (562) 570-3500



The staff at Long Beach Senior Center is committed to maintaining a safe productive environment for people 50 years of age and older participating in senior programming.

	MON	TUE	WED	THU	FRI	SAT
IT'S LUAU MONTH AT THE LBSC!!!						1 Weaving Bingo Gray Panthers Meeting ZUMBA Gold \$ Lapidity
E KOMO MAI (WELCOME! IN HAWAIIAN)	8 Wood Carving 3 9:30 Body Works 10 Renter's Issues 10:30 Wii Yoga 1 AF Exercise 1 Wii Bowling 2 Sudoku Class 5 Karaoke Kafe	8 Senior Striders 4 8:30 Meditation in Motion 9:30 Stretch n' Flex 10 Flower Making 101 10 Sewing 1 Sing Along 1 Social Dnc Class \$ 1 Tai Chi for Arthritis 1:30 Sign Language	8 Brown Bag 5 8 Wood Carving 9 Variety Band 9 Knit & Crochet 9:30 Body Works 1 AF Exercise 1:30 Sign Language	8 Senior Striders 6 8:30 Meditation in Motion 9 Drawing & Painting 9:30 Stretch n' Flex 10 Sewing 1 Tai Chi for Arthritis 1 Beg. Weaving	9 Tap Dance 7 9 Reading Group 9:30 Body Works 10 Lapidity 10 Renter's Issues 1 AF Exercise	8 Weaving Bingo ZUMBA Gold \$ Round Dance Clinic \$ Red Hat Society Mtg. Lapidity
76 TROMBONES LED THE BIG PARADE...	8 Wood Carving 10 9:30 Body Works 10 Renter's Issues 10:30 Wii Yoga 1 AF Exercise 1 Wii Bowling 2 Sudoku Class 5 Karaoke Kafe	8 Senior Striders 11 8:30 Meditation in Motion 9:30 Stretch n' Flex 10 Flower Making 101 10 Sewing 1 Sing Along 1 Social Dnc Class \$ 1 Tai Chi for Arthritis 1:30 Sign Language	8 Wood Carving 12 9 Variety Band 9 Knit & Crochet 9:30 Body Works 1 AF Exercise 1:30 Sign Language	8 Senior Striders 13 8:30 Meditation in Motion 9 Drawing & Painting 9:30 Stretch n' Flex 10 Sewing 1 Tai Chi for Arthritis 1 Beg. Weaving 1 Karaoke Kafe	9 Tap Dance 14 9 Reading Group 9:30 Body Works 10 Lapidity 10 Renter's Issues 1 AF Exercise	15 Weaving Bingo ZUMBA Gold \$ Filipino/Amer Dance Lapidity
SUMMER FUN IN THE SUN!	8 Wood Carving 17 9:30 Body Works 10 Renter's Issues 10:30 Wii Yoga 1 AF Exercise 1 Wii Bowling 2 Sudoku Class 5 Karaoke Kafe	8 Senior Striders 18 8:30 Meditation in Motion 9:30 Stretch n' Flex 10 Flower Making 101 10 Sewing 1 Sing Along 1 Social Dnc Class \$ 1 Tai Chi for Arthritis 1:30 Sign Language	8 Brown Bag 19 8 Wood Carving 9 Variety Band 9 Knit & Crochet 9:30 Body Works 1 AF Exercise 1:30 Sign Language	8 Senior Striders 20 8:30 Meditation in Motion 9 Drawing & Painting 9:30 Stretch n' Flex 10 Sewing 1 Tai Chi for Arthritis 1 Beg. Weaving	9 Tap Dance 21 9 Reading Group 9:30 Body Works 10 Lapidity 10 Renter's Issues 1 AF Exercise	22 OC Food Bank Weaving Bingo ZUMBA Gold \$ Lapidity
TAKE ME TO THE ISLANDS!	8 Wood Carving 24 9:30 Body Works 10 Renter's Issues 10:30 Wi Yoga 1 AF Exercise 1 Wii Bowling 2 Sudoku Class 5 Karaoke Kafe	8 Senior Striders 25 8:30 Meditation in Motion 9:30 Stretch n' Flex 10 Flower Making 101 10 Sewing 1 Sing Along 1 Social Dnc Class \$ 1 Tai Chi for Arthritis 1:30 Sign Language	8 Wood Carving 26 9 Variety Band 9 Knit & Crochet 9:30 Body Works 1 AF Exercise 1:30 Sign Language 6:30 NABA Meeting	8 Senior Striders 27 8:30 Meditation in Motion 9 Drawing & Painting 9:30 Stretch n' Flex 10 Sewing 1 Tai Chi for Arthritis 1 Beg. Weaving 1 Karaoke Kafe	9 Tap Dance 28 9 Reading Group 9:30 Body Works 9:30 Krafts with Kim 10 Lapidity 10 Renter's Issues 1 AF Exercise	29 Weaving Bingo ZUMBA Gold \$ Lapidity